

FRIENDS & RELATIVES SUPPORT GROUP

FAMILIES FIRST PROGRAM



Hospice Family Centre

298 Lawrence Avenue

Kitchener, ON

**Last Thursday of the
Month**

6:30 p.m. – 8:30 p.m.

A time for refreshments and
fellowship will follow
each session

PURPOSE

To provide a safe environment for caregivers to share experiences and to learn coping skills that helps them to provide quality care while maintaining a sense of well-being

FACILITATORS

Support groups are professionally facilitated with additional support from specially trained volunteers.

TOPICS OF DISCUSSION

Maintaining Healthy Relationships

Dealing with Change

Approaching Difficult Conversations

Recognizing Stress

Caring for Yourself



To Register Contact Julie Schelter at 519-743-4114
www.hospicewaterloo.ca